

Dress Right, Dress

AFPAM 36-2241V1

(para. 3.5.3 & 3.8.2)

When outdoors in uniform, salute both the German and American national anthems. When outdoors in civilian clothes, place your right hand over your heart -- again, during the playing of both anthems. (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

Safety briefing

The Local Conditions Traffic Safety Briefing takes place Monday and Feb. 14 at 3 p.m. in the driver's testing classroom in building 128. For people unable to attend those times, they can attend the makeup briefing Wednesday or Feb. 16 at 8 a.m. in building 217. For details, call Master Sgt. James Douglas at 452-7233.

Recycling center

The Spangdahlem AB Recycling Center has been relocated to building 64. The hours of operation are Monday through Friday from 9:30 a.m. to 4:30 p.m., and Saturday from 8 a.m. to noon. For more information, call the 52nd Civil Engineer Squadron service contract section at 452-6183.

Retiree activities office

The retiree activities office is now open at the Bitburg Annex, building 2011, room 228 from 11 a.m. to 8:30 p.m. each Friday and by appointment. The office acts as a liaison between the Air Force and retired Air Force personnel, to help active duty members transition to retired status and to help solve retirees' problems. The RAO is also looking for volunteers to help run the office. For more information, call Tech. Sgt. (ret.) Gary Hackl at 452-9424 or e-mail him at his global address.

Glass collection points

As of March 1, Bitburg-Pruem County will collect all recycled glass according to three categories: clear, green and brown colored glass. New glass containers are located throughout Spangdahlem AB, Bitburg Annex and Speicher government-leased housing. For more information, call the 52nd Civil Engineer Squadron service contract section at 452-6183.

OB/GYN clinic moves

The 52nd Medical Group obstetrics and gynecology clinic will move to the back hall of the hospital on the far end from the pharmacy, near the pediatrics clinic. The new clinic is scheduled to open Feb. 15. For more information, call Maj. Kathryn Tate at 452-3162.

Annual awards banquet

The Top 3 hosts the wing's best Feb. 26 at 6 p.m. in the new Club Eifel. Gen. Robert H. "Doc" Foglesong, USAFE commander, is the guest speaker. Tickets are available through the first sergeants Monday through Feb. 17. Prices are \$25 for E-5 and up and \$20 for E-4 and below. Club members receive a \$1 discount.

Black history month

Read "Tuskegee Airmen shined in Army Air Corps, showed skill while enduring racial turmoil" on Page 5.



Eifel Times

Vol. 39, Issue 5

Spangdahlem Air Base, Germany

Feb. 4, 2005



Iris Reiff

Baby of mine

Staff Sgt. Cory Clark, 606th Air Control Squadron assistant NCOIC of heating and air conditioning, greets his wife, Staff Sgt. Brenda Clark, 52nd Fighter Wing command post SORTS and reports NCOIC, and their daughter Madeline, 8 months, after returning home from a four-month deployment to Iraq. About 150 Airmen returned to Hangar 3 Jan. 28 to reunite with family and friends. Over Valentine's week, the Clark family will visit a spa resort in Austria. "While I was taking attacks, she [Brenda] was busy taking care of Madeline; so this is a time for us to relax and for me to watch the little one," Sergeant Clark said.

606th ACS returns to Spang

Family, friends gather to welcome home about 150 troops from Iraqi deployment

By Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

About 150 troops from the 606th Air Control Squadron returned home Jan. 28 from a four-month deployment to Iraq.

Family and friends gathered in Hangar 3 here in support of their loved ones' return to the Eifel.

As the eyes and ears of the skies, the 606th ACS was responsible for the air control in Iraq, including supporting the Fallujah operations, all the way up to the recent Iraqi elections.

"Our operations never stopped for four months, and the maintainers deserve a lot of credit for being able to keep the radars and communications up and running," said Lt. Col. Scott Fischer, 606th ACS commander. "It was really a sterling effort."

These efforts included supplying coordinates to pilots who were providing air support to ground troops, getting a refueling plane to a fighter jet that was low on fuel or maintaining an array of equipment.

"I was overseeing the operation of

about 35 radios used for the communicators to talk to aircraft," said Master Sgt. Sheldon Sukut, 606th ACS NCOIC of ground radio maintenance. "When someone needs to hit the transmit button, I'm the one who makes sure it's working properly. If there's a problem with the equipment, and the troops on the ground need aircraft support, then we can't reach them and protect them."

Protecting the troops was a 24-hour-a-day, seven-day-a-week job for the 606th ACS in Iraq, where they were involved in more than 100 attacks on their camp.

"They [the troops] always had their game face on; they always had to be motivated and aware of what was happening from day to day," Colonel Fischer said. "We operated right through those attacks and stepped right up to the responsibilities."

Saber families welcomed the reunion and homecoming of their loved ones.

"When my husband left for Iraq, our daughter was only four months old. Now she's doubled her life," said Staff Sgt. Brenda Clark, 52nd Fighter Wing command post SORTS and reports



Iris Reiff

Desiree Palacios, daughter of Staff Sgt. Kenneth Palacios, 606th Air Control Squadron assistant NCOIC of weapons training, waits with her handmade sign for her father to come home after a four-month deployment to Iraq.

NCOIC, wife of Staff Sgt. Cory Clark, 606th ACS assistant NCOIC of heating and air conditioning. "She [their daughter] was a little apprehensive when she first saw her daddy, but in a little while, she quickly warmed up to him."

Prepare to fight



Fight to win



Take care of each other

Speed, DUI, hit-and-run cause week's crashes

By David A. Barker
52nd Security Forces Squadron

Two Team Eifel members were cited for driving under the influence last week. There were 28 crashes and accidents, five classified as major.

The first major crash, a hit-and-run, was the result of a DUI. After the collision, an Airman from the 52nd Equipment Maintenance Squadron was taken to the Krankenhaus where his blood was drawn.

The second DUI was a non-collision incident involving a senior airman from the 52nd EMS. The driver did not to use his wingman or other means and drove. The driver's breathalyzer test showed a .126 blood alcohol content.

The second major crash was on L-5 near Bickendorf. Speeding caused the crash, and the driver was cited for fleeing the scene.

The third crash, a result of speeding, occurred on B-50 next to the Spangdahlem traffic circle.



The fourth crash was on A-60 adjacent to the Baden exit. Speeding caused the crash and injuries occurred.

Major crash number five was on L-24. This driver was traveling too fast for road conditions and swerved to avoid hitting a pedestrian, causing damage and personal injury to the driver.

The last major accident was at the Dudeldorf exit on B-50. The driver was heading toward Spangdahlem and inadvertently moved into the oncoming lane. The driver was taken for medical treatment.

Wing members were involved in 22 minor accidents -- 10 from speeding, three from improper backing, seven from inattentive driving, and two from wildlife.

Driving tips

There have already been four DUI's this year, and there were 46 last year. Use the Combat Wingman system and know when to take the keys or call a taxi.



Master Sgt. Mona Ferrell

Up to the challenge

Chief Master Sgt. Gary Coleman, U.S. Air Forces in Europe command chief master sergeant, knocks out some pushups, kicking off the Berlin to Baghdad Push-Up Challenge. The challenge, sponsored by the Chief's Groups across the command, is a competition for individual and three-person teams to see who can "gut" out the most pushups within 10 minutes. Collectively, the HQ USAF Team, consisting of Gen. Robert H. "Doc" Foglesong, USAF commander; Lt. Gen. Arthur Lichte, USAF vice commander; and Chief Coleman, knocked out 339 pushups. All proceeds go to benefit the Air Force Enlisted Heritage Hall. For more information about the challenge contact your wing's command chief master sergeant.

National Children's Dental Health Month kicks off at Spang

Staff reports

February is National Children's Dental Health month. The 52nd Dental Squadron offers the following tips to help children maintain healthy smiles.

What causes decay?

Only a few ingredients are needed to create the right conditions for tooth decay. One ingredient is plaque, a sticky film of bacteria that constantly forms on teeth.

The second ingredient is sugary or starchy food or liquid that remains on teeth or gums. The bacteria in plaque use the sugar and starch to produce an acid that attacks teeth. Repeated acid attacks can break down tooth enamel, resulting in tooth decay and premature tooth loss.

What children eat and how often they eat affects the rate of tooth decay. Sugar is present in many foods, including items that are often thought of as healthy snacks, such as fruits and vegetables, as well as cereal, cake, bread and many processed foods. Although these foods may provide nutrients that children need, frequent between-meal snacking can be harmful.

Cleaning techniques

Daily brushing and flossing are critical for maintaining healthy teeth and gums. Here are a few pointers on proper cleaning techniques.

- For brushing, a thin layer of fluoride toothpaste applied to the bristles is all a child needs. Although children can generally brush their own teeth by age four or five, flossing is a bit more difficult to master and it may take a few years longer to perfect. In either case, adult supervision is recommended.

- To prevent injury to the gums, provide a child-size toothbrush with soft, polished bristles. Replace it as soon as it wears out, usually every three to four months. Look for dental products that display the American Dental Association seal of acceptance, which means they are safe and effective.

Dental sealants

Dental sealants can help prevent or reduce tooth decay. A sealant is a clear or shaded plastic material that is applied to the chewing surfaces of the back teeth -- premolars and molars -- where decay occurs most often. The sealant acts as a barrier, protecting the decay-prone areas of the back teeth from plaque and acid. The 52nd DS places sealants on a patient's teeth when indicated by deep grooves or staining.



Senior Airman Amaani Lyle

Staff Sgt. Lakhisha Cotner, 52nd Dental Squadron radiology element NCOIC, prepares 11-year old Destinee Mitchell, daughter of Cedric Mitchell, 52nd Communications Squadron, for a dental cleaning. To prevent tooth decay, brushing and flossing are needed daily to remove harmful plaque from teeth. Children should clean their teeth twice a day with a pea-sized amount of fluoride toothpaste. Flossing removes plaque that hides between the teeth and underneath the gum line where a toothbrush cannot reach. Supervising children while they brush and floss will insure that it is done properly.

Regular check ups

The 52nd DS notes that regular dental checkups, beginning around the child's first birthday, and preventive dental care, such as cleanings and fluoride treatments, provide children with "smile" insurance.

Routine dental exams uncover problems that can be treated in the early stages, when tooth decay is less extensive and restorations may be small. Parents should schedule children for an annual dental check-up during the sponsor's birth month. This exam appointment can be scheduled by calling the dental clinic one month prior to the sponsor's birth month.

First visit

A child's first visit to the dentist is an important social and developmental milestone, and it sets standards for dental care that will stay with the child throughout his or her life.

The 52nd DS recommends that a child's introduction to oral care begin immediately after birth. By gently cleaning the baby's gums with a soft, damp washcloth after feeding, parents can get their children accustomed to oral hygiene as an important, everyday routine.

A child's introduction to professional dental care should take place early in life as well.

The dental clinic generally begins seeing children at age 1, or within six months of the first tooth appearing, for a "get-acquainted" examination.

Early exams will seek any potential warning signs and educate parents in regard to expected dental milestones in the first years.

It is wise to acquaint children with the dentist and dental office before a dental emergency or the need for treatment arises.

Foster an image of the dentist and dental staff as friends who will help children take care of their teeth and gums. The first dental visit should be a positive, non-threatening experience. Treat the trip as a pleasant adventure, something to look forward to.

If the child enjoys the first dental visit, future dental visits will be eagerly anticipated, rather than feared. These early experiences will color a child's attitude toward dental care. By about the age of 6, a child should look forward to undergoing a dental examination without a parent's or guardian's presence.

For more information, call the dental clinic at 452-3590 or 452-8193.

(This article is provided by the 52nd DS and the American Dental Association in recognition of National Children's Dental Health Month)



Senior Airman Amaani Lyle

Top Saber Performer

Name: Airman 1st Class Kaycie Ashley
Unit: 52nd Fighter Wing Command Post
Duty title: Command post controller
Hometown: Houma, Louisiana
Years in service: Two
Nominee's contributions to 52nd Fighter Wing mission success: Definitely a strong force multiplier behind the 52nd FW and NATO tactical evaluation successes, Airman Ashley played a vital role in alert actions earning an "Excellent" rating for command and control. An essential component of the command post war fighter mission, she helped

ensure 100 percent accountability of more than 11,000 sorties. Airman Ashley also helped prepare the command post for the 2004 Unit Compliance Inspection resulting in an "Excellent" overall wing rating. She is the command post manager for the Commander's Access Channel; she relays critical emergencies, weather, battle staff directives and road condition information to the base populace as it becomes available. Airman Ashley is an invaluable asset to the 52nd FW mission.

Off-duty volunteerism and professional development pursuits: Airman Ashley is a volunteer for Airmen Against Drunk Driving and Special Olympics. She is also actively pursuing a Community College of the Air Force degree.
What do you do for fun? I enjoy traveling, reading, and spending time with friends.

What do you like most about being stationed here? I love being in the center of Europe. It provides me with the best opportunities to travel and experience the European culture and history.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? A lot of things have changed since I left for my deployment, but one change I did get to be part of since I've returned is the reintegration process. This is a wonderful idea and made my in-processing much easier.

Saber connect



Senior Airman Amaani Lyle

Airman 1st Class Eydie Sakura, 52nd Fighter Wing Public Affairs *Eifel Times* staff writer, explains the elements of photojournalism and the newspaper process to Col. Dave Goldfein, 52nd Fighter Wing commander, as part of the *Commander's Mentorship Program* here Jan. 19. A St. Paul, Minn., native with a year and a half of Air Force service under her belt, Airman Sakura cited her win for best news story in the 2004 U.S. Air Forces in Europe media contest, and completion of her first master's degree class as noteworthy accomplishments. She is also expecting her first child in September.

Eifel Salutes

52nd Mission Support Group

So here's to you, **Stacey Robinson** ... This lady has taken the wing's new club staff to a "hire" level. She's come in early, stayed late and missed lunch in order to get about 20 people on board at the new Club Eifel. **Airman 1st Class Shelenn Wilson** makes parting more sweet than sorrow for Spang Sabers getting ready for their next assignments. **Master Sgt. Robert Hughes** earns a salute for garnering volunteer of the quarter nods.

52nd Operations Group

Three cheers for the country boys -- "cross country," that is. **Capt. Kevin Lord** and **1st Lt. Dave Jones** accurately planned routes and diverts so the 23rd Fighter Squadron C-flight could practice instrument procedures, land at other U.S. Air Forces in Europe bases, and enjoy the first cross country flying the base has seen in years.

52nd Maintenance Group

Crate Scott! ... **Senior Airman KD Davis** moved more than 500 crates of armament material from a temporary facility to a long-term facility, making better use of real estate and creating more parking space once the temporary storage shelter comes down. Does a Rose by any other name deserve a salute? Hats off to **Staff Sgt. Rodger Rose**, who, while deployed to Afghanistan, trained U.S. Marine Corps troops on Air Force ground support equipment. His outstanding equipment knowledge and training abilities ensured all branches of the service were mission ready.



Roll out! ... **Senior Airman Elbert Jenkins** shined during the USAFE munitions movement plan. Movers and shakers are **Tech. Sgt. Scott Suttles**, **Staff Sgts. William Garrett**, **Joshua Brewster** and **Senior Airman Joseph Phillips**, who organized lateral support for Air and space Expeditionary Force 2 deployment recovery of equipment

and troops.

52nd Medical Group

Tech. Sgt. Evelyn Serafica managed to do a super job keeping Combat Medics ready -- she was also selected as health services management NCO of the year. We had a dream that **Master Sgt. Mary Phillips** and **Staff Sgt. Vanessa Evans** would get a huge salute for spearheading the wing's Dr. Martin Luther King Jr. march and other festivities. Calling all cars ... **Staff Sgt. Matthew Dodge**, the 52nd Medical Group's vehicle control NCO, did an outstanding job taking care of the group's transportation needs.

38th Munitions Maintenance Group

Overlook this great troop? No way, Jose! **Staff Sgt. Jose Ramirez** ensures the unit can promptly notify higher headquarters of any contingency that falls on the 701st Munitions Support Squadron, Kleine Brogel, Belgium, and revamped the process to ensure notifications are done in a timely manner.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit name: 52nd Fighter Wing Command Post

A brief description of unit responsibilities: The team directs 52nd FW command and control activities. The command post manages receipt, authentication and dissemination of actual and exercise emergency action messages. These Sabers coordinate and transmit Joint Chiefs of Staff, U.S. Air Forces in Europe and NATO operational reports pertaining to mission results and force status.

Number of members: 22

How does the team fit into the 52nd Fighter Wing's mission? The 52nd FW Command Post is the wing's 24-hour presence and the first point of contact to receive calls from the President of the United States, JCS, USAFE, NATO or the Red Cross. The team disseminates critical information to the base populace by way of personal contact or battle staff directive. The team also initiates base recalls and coordinates unit control center activities.

Team's other contributions through the year? The team expertly tracked more than 11,000 sorties, and flawlessly directed response for 115 in-flight emergencies, 41 aircraft mishaps, 178 major POV accidents and seven life-saving medical evacuation flights. The team also coordinated battle staff operations and oversaw deployment of about 1,100 personnel and 14 aircraft in support of Operations Enduring Freedom and Iraqi Freedom. The team maintains the commander's access channel and giant voice, which allow the 52nd FW commander to quickly pass information on to the base populace. The command post is always on duty and ever vigilant to the needs of Team Eifel.

Interested in a degree?
We can help!
Call the Combat Education
center at 452-6063.



EMS lab tests 'metal,' garners USAFE award

Story and photo by
Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

Whether inspecting aircraft and equipment for corrosion, or analyzing oil samples for magnetic particles, the nondestructive inspection laboratory here ensures the structural integrity of the wing's aircraft and support equipment for everyday training, as well as real-world combat missions.

Supporting these missions launched the Spangdahlem Air Base NDI lab into the best-of-the-best category, winning the 2004 Best NDI lab in U.S. Air Forces in Europe award.

When it comes to being named best in USAFE, Master Sgt. Larry Van Iwarden, 52nd Equipment Maintenance Squadron section nondestructive inspection lab chief, said his team is "more than just your average 'crack finders.'"

"We simply have the best NCOs and Airmen in the business," he said.

"Their attention to detail and unwillingness to accept less than perfect maintenance practices keep them sharp and challenged."

These maintenance practices include



Staff Sgt. Anthony Smalls, 52nd Equipment Maintenance Squadron nondestructive inspection craftsman, pours an iron enriched oil over a piece of metal, then shines a black light, illuminating any cracks or fissures which may be present on the part.

inspecting and supporting equipment for internal and external problems, such as corrosion and cracks on the inside of tubes, wings and pylons. The NDI lab uses several

inspection methods, including X-ray, magnetic particle, ultrasonic, liquid penetrate and eddy current.

Having an array of equipment can bring a

plethora of ever-changing programs and procedures regarding compliance standards.

"It is commonplace for our people to ask questions on how and why things are done, and challenge one another for explanations," Sergeant Van Iwarden said. "That's what made us the first and only NDI lab to interpret the technical data correctly on how to perform the darkroom's safelight inspection. We were also the first lab following all ultraviolet safety procedures."

Safety is vital for the NDI lab. In June, the lab discovered an F-16 engine was defective, and had it not been pulled from the aircraft, the engine could have failed during one of its next flights, possibly causing loss of life and an F-16 aircraft.

This commitment to excellence is what makes the NDI lab here surpass their peers.

"Our section is 100 percent committed to their duty tasks, and has an acute attention to detail," said Staff Sgt. Melissa Girouard, 52nd EMS NDI craftsman. "The lab is full of hard-working, motivated and dedicated NCOs and Airmen, who bring to the table a wealth of knowledge and talent."

CMSAF launches inaugural edition of Airman handbook

By Master Sgt. Chuck Roberts
Air Force Print News

LACKLAND AIR FORCE BASE, Texas (AFPN) -- If Airman Basic Rachel Redel ever forgets who presented her with one of the first two copies of Airman Air Force Handbook 1, she can find the answer on Page 15: "Chief Master Sergeant of the Air Force, Gerald R. Murray."

If the 23-year-old basic trainee is curious about what her occupational badge will look like when she graduates basic training in a few weeks and later completes 27 weeks of technical training at Eglin Air Force Base, Fla., she can check it out on Page 210: "Career Fields, Occupational Badges, Explosive Ordnance Disposal."

That was the intent of Air Force Chief of Staff Gen. John P. Jumper, who conceived the idea for a pocket-sized book offering new Air Force accessions -- officers, enlisted, civilians -- everything they need to know to pass "Air Force 101."

General Jumper's vision came to fruition Jan. 31 when Chief Murray, the Air Force's top enlisted Airman, dropped in on a classroom of basic trainees to personally present the first two copies to Airman Redel and Airman Basic Thomas Collins Jr.

"You are the first in the Air Force to receive the new Airman handbook," Chief Murray told the gathering of basic trainees of the 326th Training Squadron in their fourth week of basic training. "I wish we'd had something like this when I started my career. It's really a foundation of what we do in the Air Force."

The blue paperback handbook offers "big pictures" and simple words to blend together the four pillars of the Air Force: character, honor, personal integrity and patriotism throughout its 360 pages.

Chief Murray encouraged the basic trainees to use the handbook as a means of continually increasing their overall knowledge.

"The more you learn about this great Air Force, the more doors it opens up," he said.

The handbook encompasses a broad expanse of military information broken into six sections covering topics such as "Air Force Top 10 Aces," "Air Force Vocabulary," "CONOPS" and "Medal of Honor Recipients." The handbook falls under the Air Force



Master Sgt. Efrain Gonzalez

LACKLAND AIR FORCE BASE, Texas -- Chief Master Sgt. of the Air Force Gerald R. Murray addresses Air Force trainees of the 326th Training Squadron here before presenting each of them the new Airman handbook. The handbook is a pocket-sized book that covers heritage, national leaders, Air Force operations and a variety of military-related topics. A copy is being provided to every new Airman.

Occupational Measurement Squadron at Randolph AFB, Texas.

Airman Redel said there is one thing she will not need the book for -- to remember the surprise at being picked to receive her copy from Chief Murray. She had known for a few days that he would be making a guest appearance, but she did not find out until 10 minutes before his arrival that she would personally receive an autographed copy from him.

"I feel very honored," said the Sierra Vista, Ariz., native. "It's something I'll never forget and will keep with me the rest of my career."

February marks animal dental health awareness month

Staff reports

February is dedicated to client awareness and education concerning our companion animals' dental health.

How much do people know about their pet's teeth? People should know it is okay to raise a pet's lip and look at the animal's teeth. When looking, note that it is not normal for pets to have halitosis or bad breath.

Here are a few animal teeth facts:

Dogs

• Puppies have 28 deciduous, or temporary teeth that appear at three to four weeks of age.

• Puppies' 42 permanent teeth appear at about four months of age.

Cats

• Kittens have 26 deciduous teeth that appear at two to three weeks of age.

• Adult cats have 30 permanent teeth that appear at three to four months of age.

In both cats and dogs, the last upper premolars and upper molars have three roots; the other teeth have only one or two roots.

• The different types of teeth are called incisors, canine teeth, premolars, and molars.

• The first premolars and the molars only appear as permanent teeth.

Because cats and dogs are both carnivores, meaning they are meant to eat meat, the incisors are not very developed, but the canines and premolars are good for tearing meat from bones, and the molars function to chew the food.

Realizing the importance of good dental hygiene in pets is the first step in maintaining overall health of these animal companions, and serves as a means to monitor for underlying disease.

The first step toward ensuring pet longevity is to schedule an annual visit to the veterinarian to assess the animal's overall and dental health. The next step involves starting routine pet dental care at home. With good dental care, pets can have a healthier life for years to come.



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1st Lt. Mike Cumberworth.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
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Iris Reiff.....Leisure writer

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Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
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Direct Lines of general interest
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af.mil

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■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
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response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

January Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	363	378	+15
23FS	314	355	+67
81FS	246	267	+38

*Delta is contract vs. sorties flown to date.

Through Jan. 31

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Feb. 4, 2005

Page 5

Triumph

Tuskegee Airmen shined in Army Air Corps, showed skill while enduring racial turmoil

By Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

Today's Air Force family is a
mighty quilt that unites military mem-
bers of all races, religions, nationalities
and creeds around the globe.

Our uniforms look alike, but the
plurality of those who wear them is
rich in culture and history.

This concept made me want to learn
a little more about the Tuskegee
Airmen, a group of determined men
who enlisted to become the United
States' first black military Airmen.

The unwavering resolve of the
Tuskegee Airmen during World War
II arose during an era in which many
people found themselves engaged in
another "war" on American soil over
segregation and racial equality.

Nonetheless the Tuskegee Airmen,
hailing from various parts of America,
strove to become pilots or master other
aspects of aviation.

I wondered how such a group,
many of whom still had to drink from
"colored" water fountains, got such
important and necessary training to
promote their social and professional
advancement.

Following protest and discord from
black leaders and the black press, the
U.S. Army Air Corps began a special
project to integrate black pilots into the
fighter pilot program. The pilots were

trained to fly single-engine and multi-
engine aircraft at Tuskegee Army Air
Field in Tuskegee, Ala., and the first
aviation cadet class began in July 1941.

The nine-month training began with
just 13 Airmen in the first class. One of
the graduates was then Capt. Benjamin
O. Davis Jr., a West Point Academy
graduate. Four other students were
commissioned second lieutenants, and
five students received Army Air Corps
silver pilot wings.

Between 1942 and 1946, 992 pilots
graduated from TAAF and received
commissions and pilot wings. Black
navigators, bombardiers and gunnery
crews were trained at other bases in the
United States.

Soon, hundreds of black Airmen
became college graduates or under-
graduates by way of the military, and
others qualified through comprehensive
entrance examinations.

According to the National Home of
Tuskegee Airmen, Inc. Web site, "no
standards were lowered for the pilots or
any of the others who trained in oper-
ations, meteorology, intelligence, engi-
neering, medicine or any of the other
officer fields."

Enlisted members received training
in a spectrum of fields -- aircraft and
engine mechanics, armament special-
ists, radio repairmen, parachute riggers,
control tower operators, policemen,
administrative clerks and many other



U.S. Air Force file photo

Gen. Benjamin O. Davis pins the Distinguished Flying Cross on his son, Lt. Col. Benjamin O. Davis Jr. after World War II. In 1936, the younger Davis was the first African-American in 47 years to graduate from the U.S. Military Academy at West Point.

specialties necessary for full operability
as an Army Air Corp flying squadron
or ground support unit.

The Tuskegee Airmen prepared to
fight, fought to win and took care of
each other in the face of adversity. I am
grateful for the service of these
Airmen, just as I am grateful for the
service of all military men and women
who fight for freedom, democracy and
equality each day.

For more information about the
Tuskegee Airmen visit
www.tuskegeearmen.org.

Trivia tidbit

**Rosa Parks, born
Rosa Louise
McCauley, was born
on this day in 1913
in Tuskegee, Ala.
Check February issues
of the *Eifel Times* for
upcoming Black History
Month events and more
trivia.**

Purpose

First sergeant discusses 'why we serve,' in AF

By Senior Master Sgt. Russell Hastings
52nd Civil Engineer Squadron

In my travels as a first sergeant, I've had many
conversations with Airmen as to why they want to be
in the Air Force.

Sometimes this question comes in my car in the
early hours of the morning, after a less-than-brilliant
act has occurred. "Just why do you want to be in the
Air Force?"

I've heard a lot of good and bad answers to this
question. So, why do we serve?

We do not serve to further our education. This is a
great benefit, but it should not be the only reason, or
even the most important reason, we wear the uni-
form. If it is, we should serve to the best of our abili-
ties, be proud of our service and separate honorably
after four years.

We do serve to protect our country, even if it isn't
perfect. We serve to protect both Michael Moore and
Rush Limbaugh, and to give them the freedom to
express their opinions without fear of reprisal.

We serve to give our citizens the right to vote,

even if they don't exercise it. We serve our fellow
Americans, even if they eat too much fast food and
watch "SpongeBob SquarePants."

We do not serve for the money. I dare say even
our general officers can do better financially in the
civilian world.

If an Airman wants to argue money with me when
it comes to re-enlistment, I will refuse to engage.

I know there are formulas out there that show
how great we are doing with our pay and benefits,
but it should never be the driving force behind mili-
tary service.

We do serve to bring the concept of democracy to
the oppressed people of the world. I know this
sounds hokey, but there it is.

We do not serve because we need a job. The Air
Force provides us with employment, of course, but
these days we have no room for mediocrity.

We should all be constantly looking for a chal-
lenge, no matter what our level of experience or
responsibility. We should never rest on our laurels, or

be content with the status quo.

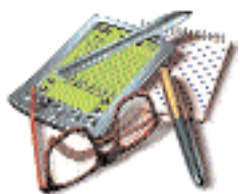
When we begin to look at the Air Force as "just a
job," it's time to move on to a job on the outside. I
don't want an Airman that's only going to do their
job going into a combat zone with me.

We do serve to come to the rescue when the
world needs us most -- to mobilize in times of
humanitarian catastrophe or natural disaster.

Despite what the rest of the world may think --
even some Americans -- we are the good guys.
There is no Spiderman or Wonder Woman to save
the world. We're it. If we wear the uniform, we must
believe this.

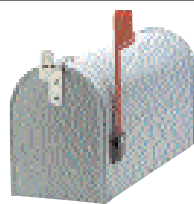
When it comes to serving, the most important
thing to remember is this: You can't reach a point in
your career when you expect to "get your dues" for
your service.

The more you progress in your career, the more
responsibility you incur, and the more you are
expected to serve. It may sound pessimistic, but it's
not. Serving is what it's all about. If you strive for
greatness, you've got to serve.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Saber sweethearts

Get a special message to a sweetheart published in the Feb. 11 *Eifel Times*. E-mail a max of 45 words to: publicity@spangdahlem.af.mil or drop off a message in person at the public affairs office, building 23, first floor. Be sure to put "Valentine's message" in the e-mail subject line. Deadline for submission is Monday at noon. For details, call Senior Airman Amaani Lyle at 452-5244.



Family support news

The family support center holds the seminar "His, Hers and Theirs: Creating Stepfamily Success" Feb. 24 from 9:30-11:30 a.m. at the Bitburg Annex FSC, building 2001. The class is designed to help step and biological parents make a more smooth transition to a blended family. For more information, call Lynn Luria at 452-6422.

LAN gaming party

Get back into the swing of things with the Eifel Community Center's Welcome Back Local Area Network Gaming party Feb. 12 from noon to 2 a.m. at the Brick House. The LAN party is free to everyone and a variety of games will be played. For more information, call at 452-7381 or stop by building 124.

Scavenger hunt

A Combat Cheer scavenger hunt takes place Feb. 19 from 6-10 p.m. at the Brick House. Participants will have four hours to find items throughout the base. Bring a partner or find one at the Brick House. Prizes are awarded for first, second and third place. For details, call 452-7381 or stop by building 124.

Kennel reservations

The Pet Spa is now taking reservations for Sabers who wish to do a little traveling. Pets receive a free kennel bath and nail clipping with a three-night minimum stay. Extra walks and playtimes are also affordable options. For reservations or details, call Melissa Edgell at 452-9362.

Thrift shop

The Penny Lane thrift shop is now open



Iris Reiff

Grand opening

(From left to right) Col. William Greenough, 52nd Mission Support Group commander; Jakob Schmitt, LBB of Trier project manager for the base; Col. Dave Goldfein, 52nd Fighter Wing commander; Karl-Heinz Hermann, contractor for Bilfinger and Berger chief of operations; and David Nichols, U.S. Army Corps of Engineers, Kaiserslautern region area engineer, cut the ribbon at the new Club Eifel grand opening here Jan. 28. The estimated \$10 million project combined officer's and enlisted club, includes a new hair salon, gift shop and gaming room.

each Tuesday, Wednesday and Thursday from 11 a.m. to 5 p.m., and consignments are taken between 11 a.m. to 4 p.m. at Spangdahlem AB, building 421, across from the housing office and self-help store. People can consign or donate their treasures at the thrift shop, or can browse to see what the latest purchase may be. For details, call Diane Frisch at 06563-960892.

BHS Advisory Council

The Bitburg High School Advisory Council meets Feb. 14 at 3:30 p.m. in the media center. The meeting agenda includes recognition and awards, the school's homework policy and AAFES' policies for working students. Parents, students and faculty members are encouraged to attend. For more information, call Mia Checkley at 452-6559.

Pet-friendly TLF

The 52nd Services Squadron Eifel Arms Inn now offers pet-friendly temporary lodging facilities for people with cats

or dogs. The cost is \$10 extra per pet per night. There are a limited number of units available, so people are encouraged reserve their unit today. For more information, call 452-0500 or 06565-61-0500.

High School Scholarship

The Bitburg American High School Scholarship Association has \$28,000 in scholarship money to award to local graduating seniors with a cumulative GPA of 3.0 or higher. Graduating senior dependents at Spangdahlem AB, BAHS, home-schooled and students assigned to geographically-separated units, are encouraged to submit their application to the BAHS counselor's office by Feb. 25 at 3:00 p.m. Applicants must attend the essay session scheduled at BAHS March 10 at 1:30 p.m. Students must sign up to complete the essay with a guidance counselor at BAHS in room 129 prior to the essay date. No take-home essay questions are permitted. For more information, call Linda Chambliss at 06565-93-4237 or e-mail her at clchambo@aol.com.

Chapel Services

Ash Wednesday Worship

♦ Catholic Ash Wednesday

Masses: Spangdahlem AB chapel, Wednesday at 11:45 a.m.; the Bitburg Annex chapel, Wednesday at 6 p.m.

♦ Protestant

Ash Wednesday Service:

Bitburg Annex chapel, Wednesday at noon; the Spangdahlem AB chapel, Wednesday at 5 p.m.

If people are unable to attend, they should call Chaplain (Capt.) Hyral Walker at 452-6711 or 452-6281, to arrange an appointment for the Ash Wednesday mobile wagon to visit your work station.



What's happening at Club Eifel this week?

Thursday, February 10, 5-8 p.m.

PRIME RIB NIGHT

Medium cut (8oz.) \$9.95 (\$12.95 nonmembers)
Large Cut (12 oz.) \$12.95 (\$15.95 nonmembers)

Are you ready for some FOOTBALL?

Club Eifel is THE place to watch the Patriots and Eagles vie for the title of Super Bowl XXXIX champion this Sunday! Doors open at 11 p.m. with a menu to include football favorites such as chicken wings, taco bar, meatballs, chips with hot artichoke dip, and a full breakfast bar. TVs will be located in all areas of the club. Food and beverages will be served from J.R. Rockers and the main ballroom. **\$5, \$7 nonmembers.**

*Note: Club Eifel will be closed all day Sunday, February 6 in preparation for this all-night event.



COUPLES' VALENTINE'S DAY CANDLELIGHT DINNER

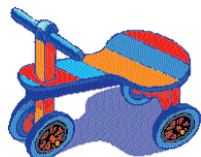
Monday, February 14, 5-9 p.m., 452-4642

This couples-only, table-served dinner includes a bottle of red wine, romantic setting, music and fabulous multi-course prime rib meal, topped off with heart-shaped cheesecake.

\$30 members, \$40 nonmembers (per couple)
MAKE YOUR RESERVATIONS TODAY!
*Reservations not required, but recommended.



SMSgt Darryl and CMSgt Christine Davis, 52 SVS
Photo by: David Niebergall, 52 SVS



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication.** Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Feb. 10. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Meet the Fockers (PG-13, 7 p.m.)

Having given permission to Greg Focker to marry his daughter, ex-CIA man Jack Byrnes and his wife travel to Miami to meet Greg's parents, Mr. and Mrs. Focker. The Fockers and the Byrnes end up being as different from each other as can be.

Woman Thou Art Loosed (R, 10 p.m.)

An adaptation of Bishop T.D. Jakes' self-help novel, chronicling a woman's struggle to come to terms with her legacy of abuse, addiction and poverty.

Saturday

The Incredibles (PG, 7 p.m.)

A family of undercover superheroes, while trying to live the quiet suburban life, are forced into action to save the world.

Meet the Fockers (10 p.m.)

Sunday

*The Incredibles (4 p.m.)**Woman Thou Art Loosed (7 p.m.)*

Monday

The Incredibles (7 p.m.)

Tuesday

Meet the Fockers (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Spanglish (PG-13, 7 p.m.)

A woman and her daughter emigrate from Mexico for a better life in America, where they start working for a family where the patriarch is a newly celebrated chef with an insecure wife.

Bridget Jones: The Edge of Reason (R, 9:30 p.m.)

The story picks up four weeks after the first film, and already Bridget Jones is becoming uncomfortable in her relationship with Mark Darcy.

Saturday

Spanglish (7 p.m.)

Sunday

Bridget Jones: The Edge of Reason (7 p.m.)

Closed Monday and Tuesday

Wednesday

Alexander (R, 7 p.m.)

Alexander, the King of Macedonia and one of the greatest military leaders in the history of warfare, conquers much of the known world.

Thursday

Spanglish (7 p.m.)

Ice, ice baby ...

Bitburg skating rink offers unlimited fun for all ages

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Ice skating is a very popular sport in Germany. It's a fun way to stay in good shape in fresh air. At the same time it's a great opportunity for Americans to meet German people.

According to ice rink officials, about 50,000 people come to the Bitburg ice rink yearly to check out the fun sport at the city's rink.

The rink is now open for the winter season and will remain open until April.

The Bitburg ice sports association offers various activities. People may celebrate their birthday at the rink. The birthday celebrant will receive free entry and skate rental.

Disco nights are offered every other Saturday. On nights when there is no disco, families may enjoy leisure skating time.

The Bitburg rink has an association and anyone can join. Ask ice rink officials about their membership fees and join the club. Applications for membership in the "Eissportverein Bitburg e.V." are available from the cashier.

The entry fee for ice skating is 4 euro for adults and 2.60

euro for skate rental. Entry for children up to age 18 is 1.60 euro plus 1.60 euro for skate rental each Tuesday through Friday. Children up to age 18 pay 3 euro on weekends, starting 6 p.m. Friday night.

Baby skates can be rented as well as skating aids, such as penguin figures, that will help babies stay upright. Ice skates can also be purchased at the rink. A bulletin board is available for people to sell or buy used skates.

Bitburg's rink is open Monday from 8:30 a.m. to 12:30 p.m.; Tuesday from 8:30 a.m. to 12:30 p.m. and 2-6 p.m.; Wednesday from 8:30 a.m. to 12:30 p.m. and 2-9 p.m.; Thursday from 8:30 a.m. to 12:30 p.m. and 2-6 p.m.; Friday from 8:30 a.m. to 12:30 p.m. and 2-9 p.m.; Saturday from 2-10 p.m.; and Sunday from 10 a.m. to 6 p.m.

For information about ice hockey, figure skating and curling, call the ice rink at 06561-8447 or e-mail them at Eissporthalle.bitburg@t-online.de. To get to the Bitburg ice rink, take the B-50 until it reaches the first traffic circle, take the right exit, then the first left. After a short while there is a white sign on the right-hand side, stating "Eissporthalle" (ice rink). Turn right and follow the signs.

Fasching Follies

❑ Enjoy Fasching in Germany while observing a local parade in the Eifel. Some local parades take place **Saturday** at 3:11 a.m. in Klausen; **Sunday** at 2:11 p.m. through the center of Wittlich; **Sunday** at 2:30 p.m. through the center of Bitburg; **Sunday** in the early afternoon in Platten and Salmtal; **Sunday** at 2:11 p.m. in Niederkail; **Sunday** at 4:11 p.m. in Burg/Salm; and **Monday** at noon through the center of Trier. Observers, especially the children, are welcome to dress up. Halloween costumes are perfect.

❑ Participate in the Pantenburg Fasching price masquerade ball **Sunday** at 8:11 p.m. at the community's Jugendheim, or youth house. A total of 150 euro awaits the nicest or most original costume. Participants must wear a mask and arrive by 9:30 p.m.

❑ Germany's most popular "Rose Monday" parades kick off **Monday** at 11:11 a.m., and last several hours in the cities of Mainz, Duesseldorf, Aachen and Cologne.

Thousands of people flock to the cities that day to witness the spectacle, which can be compared to New Orleans' Mardi Gras celebrations. These parades will be aired on German television all day **Monday**.



Iris Reiff

Funny business

Ralf Bussmer (right), mayor of Wittlich, and Bernhard Schaefer, 52nd Fighter Wing community relations advisor, visit the AFN radio studio at the Bitburg Annex Feb. 1 to tell listeners all about Fasching, which takes place now through Tuesday. Thursday was the "Storming of the Rathaus," at 11:11 a.m. in Wittlich, an annual tradition where women dress up in crazy costumes and play jokes on the local politicians.

Federal German holidays in 2005:

- ♦ Good Friday, or "Karfreitag," March 25
- ♦ Easter Sunday, or "Ostersonntag," March 27
- ♦ Easter Monday, or "Ostermontag," March 28
- ♦ Labor Day, or "Tag der Arbeit," May 1
- ♦ Ascension Day, or "Christi Himmelfahrt," May 5
- ♦ Pentecost Sunday, or "Pfingstsonntag," May 15
- ♦ Pentecost Monday, or "Pfingstmontag," May 16
- ♦ Corpus Christi Day, or "Fronleichnam," May 26
- ♦ German Unity Day, "Tag der Deutschen Einheit," Oct. 3
- ♦ All Saints Day, or "Allerheiligen," Nov. 1
- ♦ First day of Christmas, or "1. Weihnachtstag," Dec. 25
- ♦ Second day of Christmas, or "2. Weihnachtstag," Dec. 26
- ♦ New Year's Day, or "Neujahr," Jan. 1, 2006

DOD bans ‘andro’ workout supplement

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- Airmen who take androstenedione to increase muscle mass have to ditch the supplement and just do extra repetitions at the gym.

Under a new law that took effect Jan. 20, the prohormone androstenedione was classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse. The drug, commonly called “andro,” is used by body-builders to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force’s chief consultant for internal medicine services.

“Andro includes a number of compounds which altogether are a precursor to the male hormone testosterone,” Dr. Carr said. “Folks take this to bulk up their muscles and increase their ability to weightlift, and to gain endurance for their exercise programs.”

Other drugs listed as Schedule III substances include the anesthetic ketamine, called “Special K” by the club-goers who use it; testosterone, and forms of codeine and morphine.

“I took andro for eight weeks while in the military before it was banned. I was a skinny kid and wanted to put on some size. So I added it to my weightlifting routine,” said Senior Airman Michael Fusaro, Detachment 9 American Forces Network. “Andro did result in an increase in strength and muscle size; however, I did see a few of the side effects, like aggressiveness and oily skin.”

“Part of the problem is that if you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries,” Dr. Carr said. “For ladies, it may block some of the female hormones, so they may experience symptoms such as male-pattern baldness.”

Because androstenedione creates artificial levels of testosterone in the body, natural production of the hormone can be reduced. Slowing the normal production of testosterone also affects a user’s body.



Airman 1st Class Eydie Sakura

Staff Sgt. Joe Canteen, 52nd Medical Operations Squadron emergency medical technician, lifts weights at the Bitburg Annex Ed O'Connor Conditioning Center Monday. Sergeant Canteen lifts weights about six days a week.

“What people may not think about is that it will increase estrogen before testosterone in men and testosterone before estrogen in women, making for some unpleasant gender-specific results,” said Maj. Bryan Vyverberg, 52nd Medical Operations Squadron Educational and Developmental Intervention Services clinic flight commander. “This may even have permanent effects for adolescents who take this while their body is still developing.”

Use of androstenedione is also known to reduce sperm count in men and to reduce breast size in women. The drug may also have psychological effects.

“For both males and females, it may increase their LDL, the bad cholesterol, and decrease their HDL, the good cholesterol,” Major Vyverberg said. “They may get hardening of the arteries, liver failure and kidney disease.”

There is something called “Roid Rage,” when the fluctuations of high hormone levels cause increased aggression and fighting, that may get someone into legal trouble as well as impacts their mental health.

Androstenedione is found in many bodybuilding supplements that are available in nutrition and fitness stores.

Lt. Col. Ronald L. Blakely, the staff food and drug safety officer for the Army and Air Force Exchange Service, said the products are no longer available in AAFES stores.

“Due to health concerns, the four dietary supplements that contained androstenedione ... were phased out by December 2002,” Colonel Blakely said. “AAFES’ direct store operations never offered nor-androstenedione supplements, also known as ‘nor-andro’ supplements.”

Colonel Blakely also said that General Nutrition Center concessions no longer sell “andro” or “nor-andro” products.

“After researching many supplements, the best advice I can give anyone is to exercise safely, eat right and try to get a normal amount of sleep,” Airman Fusaro said. “Combine those three together and you can build yourself naturally.”

As of Jan. 20, androstenedione may no longer be legally purchased. It is also illegal to use the prohormone, even if it was purchased before then. Use, possession, or distribution of androstenedione is now a violation of the Uniform Code of Military Justice.

(Localization by Airman 1st Class Eydie Sakura)

‘Andro’ Ban

The drugs listed below all fall under the “Andro” ban and are no longer legal for purchase. They are classified as Class III controlled substances, similar to cocaine and heroin. A list of the banned “andro” drugs can be found at <http://thomas.loc.gov/cgi-bin/bdquery/z?d108:SN02195>: and include:

- ♦ androstanediol, androstanedione
- ♦ androstenediol, androstenedione
- ♦ bolasterone, calusterone
- ♦ 1-dihydrotestosterone (1-Test), furazabol
- ♦ 13b-ethyl-17a-hydroxygon-4-en-3-one
- ♦ 4-hydroxytestosterone
- ♦ 4-hydroxy-19-nortestosterone, mestanolone
- ♦ 17a-methyl-3b,17b-dihydroxy-5a-androstane
- ♦ 17a-methyl-3a,17b-dihydroxy-5a-androstane
- ♦ 17a-methyl-3b,17b-dihydroxyandrost-4-ene
- ♦ 17a-methyl-4-hydroxynandrolone
- ♦ methyldienolone, methyltrienolone
- ♦ 17a-methyl-1-dihydrotestosterone
- ♦ norandrostenediol, norandrostenedione
- ♦ norbolethone, norclostebol, normethandrolone
- ♦ stenbolone, tetrahydrogestrinone

Sports Briefs

Youth aikido

Registration for the youth aikido martial arts classes ends Saturday, and classes begin Monday at the Bitburg Annex Teen Center each Monday, Wednesday and Friday. Youth, ages 6-18, will learn how to defend themselves with aikido -- a non-combative, non-aggressive and non-competitive Japanese form of martial arts. The cost is \$30 per child per month for an hour-long class, and \$40 per child per month for classes lasting an hour and a half per session. For details, call 452-7545 or 0656561-7545.

Super Bowl parties

♦ A Super Bowl party kicks off Sunday at 10 p.m. in the Brick House. Football enthusiasts can enjoy a taco bar with munchies for \$5, and can participate in the football trivia contest for a chance to win prizes including a gaming system. The game starts around midnight. For details, call the community center at 452-7381 or stop by building 124.

♦ The Club Eifel Super Bowl party starts at 11 p.m. Sunday and features football favorites such as chicken wings, taco bar, meatballs, chips, artichoke dip, veggies and a full breakfast buffet. The cost is \$5 for club members and \$7 for non-members. For details, call Rick Winland at 452-4642.

Climbing wall

The rock climbing wall at the Skelton Memorial Fitness Center is closed and will be moved to the Ropes Course at Oberweiss. For details, call the fitness center at 452-6496.

Heart month 5K

Get pumped up at the American Heart Month 5K Fun Run Feb. 14 at 3 p.m. Bring a valentine or the children and make it a family affair. Participants may run or walk the course, and strollers and pets are welcome. For details, call the fitness center at 452-6496.

Bowl-a-thon

Participate in the 52nd Fighter Wing Bowl-a-thon Feb. 15 from 11 a.m. to 3 p.m. at the base bowling center. Proceeds benefit the Dec. 26 tsunami victims. For more information, call Capt. Tim Wright or Master Sgt. Chris Wells at 452-7656.

Dodge ball challenge

Create a team and be a part of the dodge ball challenge Feb. 17 at 3 p.m. in the Skelton Memorial Fitness Center. Teams can be a male and female mix of eight people. For more information, call Airman 1st Class Erica Gonzalez-Arispe at 452-6634 or 452-6251.

Fit To Be Yourself

The health and wellness center offers a three-part Fit To Be Yourself class Feb. 23, March 2 and March 9 at Spangdahlem AB, building 130, HAWC conference room. The class is designed for parents and children to instill the values of a healthier lifestyle at a younger age. The class will feature cooking demonstrations, healthy snack alternatives and fitness demonstrations geared toward school-age children. For more information, call Mandy Baerman at 452-6995.

Fitness certification classes

The Eifel fitness center offers three fitness certification classes and a perinatal workshop at the Skelton Memorial Fitness Center:

♦ Spinning certification, Feb. 26-27, from 9 a.m. to 6 p.m.; the registration deadline is Feb. 12, and the cost is \$350 per person.

♦ Primary group exercise certification, March 5 from 9 a.m. to 6 p.m.; the registration deadline is Feb. 15, and the cost is \$300 per person.

For more information, call De Shane Casillas or Staff Sgt. Ann Mitchell at 452-6496.

Barons beat Falcons, 49-31

By Coach Lin Hairstone
Bitburg High School basketball

The Barons opened up the first quarter with a 10-4 run on the Vilseck, Germany, Falcons with Senior Erik Martz, son of Bitburg Middle School teachers Dave and Suzie Martz, showing the Falcons what a lefty can do by nailing two jumpers from the 15-foot range.

After that, it was Juniors Charles Whatley, son of Senior Master Sgt. Carlos Whatley, 52nd Logistics Readiness Squadron, and Perry Hardy, son of Master Sgt. Rudolph Hardy, 52nd Aircraft Maintenance Squadron, who stole the show.

Whatley hit 10 points and grabbed seven rebounds after injuring his ankle in an earlier practice game. Hardy had 13 points and fives steals to keep the Barons in the race.

Sophomore Nick Brown, son of Forrest Brown, defense reutilization and management office environmental engineer, pulled down 13 boards and added 10 points before fouling out with five minutes, two seconds remaining. Whatley was later fouled but missed both free throws.

The junior varstiy Barons beat the Falcons, 49-31.